

Sacred Heart Girl's Track Top Performances through 2026

60m Dash

8.66	Kaylee Fermoyale (2012)
8.99	Modupe Opiri (2013)
9.03	Angel Brown (2023)
9.03	Kaya Rose (2026)
9.05	Sarah Predum (2026)

100m Dash

12.40	Penny Zeneberg (1979) *
12.79	Karis Terwilliger (2026)
12.95	Anna Plum (2023)
13.05	Ashley Plum (2021)
13.20	Hannah Hovey (2011)

200m Dash

25.70	Penny Zeneberg (1979)
26.14	Ashley Plum (2021)
26.14	Nicole Olivieri (2022) *
26.36	Anna Plum (2023)
26.79	Karis Terwilliger (2026)

400m Dash

56.01	Nicole Olivieri (2022) *
58.15	Scout Nelson (2019)
1:00.50	Laurel Bennett (2003)
1:01.34	Ashley Plum (2021)
1:02.90	Katy Heydenberg (1986)

800m Run

2:13.95	Laurel Bennett (2005) *
2:19.54	Scout Nelson (2019) *
2:22.20	Jane Johnson (1982)
2:24.90	Lisa Zitzelsberger (1997)
2:25.10	Katelyn Maylee (2010)

1600m Run

5:06.09	Bridget Bennett (2010) **
5:10.75	Scout Nelson (2019)
5:15.10	Jane Johnson (1982)
5:19.16	Taylor Wills (2026)
5:19.43	Alexis McConnell (2016)

3200m Run

11:11.06	Alexis McConnell (2016)
11:14.47	Bridget Bennett (2010) *
11:26.24	Bailley McConnell (2017)
11:28.09	Cammie McConnell (2016)
11:34.90	Jodi Watters (1982) *

60m Hurdles

9.85	Karis Terwilliger (2026)
10.77	Sarah Predum (2026)
10.88	Christina Guytingco (2017)
12.91	Rebecca Collins-Pfiefer (2017)

100m Hurdles

16.10	Melinda Ingram (1980)
16.38	Karis Terwilliger (2026)
17.00	Anna Plum (2021)
17.12	Sarah Predum (2026)
17.31	Christina Guytingco (2017)

300m Hurdles

45.40	Anna Plum (2023) **
48.02	Karis Terwilliger (2024)
49.00	Laurel Bennett (2004)
49.84	Ella McDonnell (2024)
50.12	Sarah Predum (2026)

Shot Put

37'8.75"	Erikah Cudjoe (2019)
36'3"	Catherine Newman (2007)
33'7"	Danielle Inungu (2017)
32'6.5"	Bainy Scully (2013)
31'6.5"	Sophie Hauck (2024)

Discus

125'6"	Catherine Newman (2007)
107'7"	Erikah Cudjoe (2019)
104'9"	Bainy Scully (2014)
95'2"	Olivia Jones (2026)
93'2"	Nicole Ganong (2012)

High Jump

5'3"	Nicole Olivieri (2021)
5'2"	Melinda Ingram (1980)
5'2"	Laurel Bennett (2004)
5'2"	Tara Throop (2010)
5'2"	Karis Terwilliger (2024)

Pole Vault

9'0"	Caitlin Campbell (2026)
8'3"	Lauren Hasler (2007)
7'6"	Bailley McConnell (2018)
6'6"	Lauren MacDonald (2017)

Long Jump

17'4"	Laurel Bennett (2004)
16'6.5"	Penny Zeneberg (1978)
16'4"	Sandy Pohl (1984)
15'10.75"	Scout Nelson (2017)
15'6"	Grace Reetz (2017)

State Champion *

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400m Relay

- 51.15 Kaya Rose, Sarah Predum,
Emmerson Theisen, Karis Terwilliger (2026)
- 52.34 Jackie Evans, Kaylee Fermoye,
Tara Throop, Hannah Hovey (2011)
- 52.40 Tammy Cashen, Katie Heydenberg,
Gayle Lopiccolo, Amy Powell (1986)
- 52.88 Megan Olivieri, Tara Throop,
Kristine Petrella, Hannah Hovey (2009)
- 52.94 Kaylee Fermoye, Maggie Oblinger,
Tara Throop, Hannah Hovey (2010)

6400m Relay

- 22:36.73 Cammie McConnell, Bailley McConnell,
Desiree McConnell, Alexis McConnell (2017)
- 23:31.0 Alexis McConnell, Bailley McConnell,
Merideth Predum, Rowan Fitzpatrick (2015)
- 25.01.0 Riley Hacker, Cammie McConnell,
Lauren MacDonald, Scout Nelson (2019)

800m Relay

- 1:49.0 Katie Heydenberg, Gayle Lopiccolo,
Amy Powell, Tammy Cashen (1986)
- 1:49.04 Olivia Middleton, Anna Plum,
Lily Deja, Nicole Olivieri (2021)
- 1:49.21 Olivia Middleton, Anna Plum,
Lily Deja, Nicole Olivieri (2022) *
- 1:51.30 Alexis McGuirk, Riley Hacker,
Nicole Olivieri, Ashley Plum (2019)
- 1:52.50 Chelsea Lynch, Nicole Goenner,
Ella McDonnell, Karis Terwilliger (2024)

1600m Relay

- 4:06.34 Ashley Plum, Lauren MacDonald
Nicole Olivieri, Scout Nelson (2019)*
- 4:10.36 Abby Spencer, Lily Deja
Anna Plum, Nicole Olivieri (2022)
- 4:10.74 Nicole Olivieri, Ashley Plum,
Lily Deja, Abby Spencer (2021)
- 4:12.10 Laurel Bennett, Sara Cardon,
Lauren Hasler, Megan Olivieri (2006)

Mile Relay

- 4:10.70 Carol Goenner, Amy Kostrzewa,
Barb Pohl, Patty Goenner (1977) *

3200m Relay

- 9:50.27 Nicole Olivieri, Cammie McConnell,
Lauren MacDonald, Scout Nelson (2019)*
- 9:51.50 Alexis McConnell, Megan Nowak,
Cammie McConell, Scout Nelson (2016)
- 9:56.95 Alexis McConnell, Bailley McConnell
Cammie McConnell, Scout Nelson (2017)
- 10:07.17 Megan Olivieri, Bridget Bennett,
Katelyn Malylee, Liz English (2009)
- 10:07.5 Laurel Bennett, H Courtright,
Jackie Newman, E Sias (2003)

State Champion *